

Research Perspectives in Arts Therapies

Focus: Active factors of healing and a theory model

Prof. Dr. phil. habil. Sabine C. Koch

SRH Hochschule Heidelberg / Alanus Hochschule Alfter

Germany

Needs

- Quantitative Research
 - Outcome Research (RCTs, Metanalyses, Cochrane reviews)
 - Basic Research: What are basic dimensions of relevance, and **basic active factors;** *what helps – what heals?*) → *Experimental designs, „hard“ measures*
- Qualitative Studies:
 - Case studies and group case studies with detailed descriptions of interventions, rare clinical cases (also in terms of diagnosis/disturbance)
 - *Particularly development of Artistic Inquiry methods, increase of communicability to other sciences/researchers*
- *Methods comments:*
 - *Phenomenological Approaches as methods of choice for the descriptive parts (exclusion of pre-assumptions; „epoché“, taking subjective experience serious)*
 - *Mixed Methods as choice for the design part (where indicated)*

10 active factors across the arts therapies (Koch, 2015)



- body-mind-unity
- imagination
- expression
- nonverbal comm.

→ Embodiment, Enaction

→ metaphor, symbolism

→ impression, bidirectionality



- creativity
- play

→ movement analysis (DMT)

→ improvisation, non-goal directedness

→ Hedonism



- test acting Probehandeln

→ „as if“, enactment

- creation

→ work, self-efficacy, resilience

- aesthetics

→ beauty, re: authenticity

- transcendence

→ ritual, integration, spirituality

Problem: Missing Theory Modell

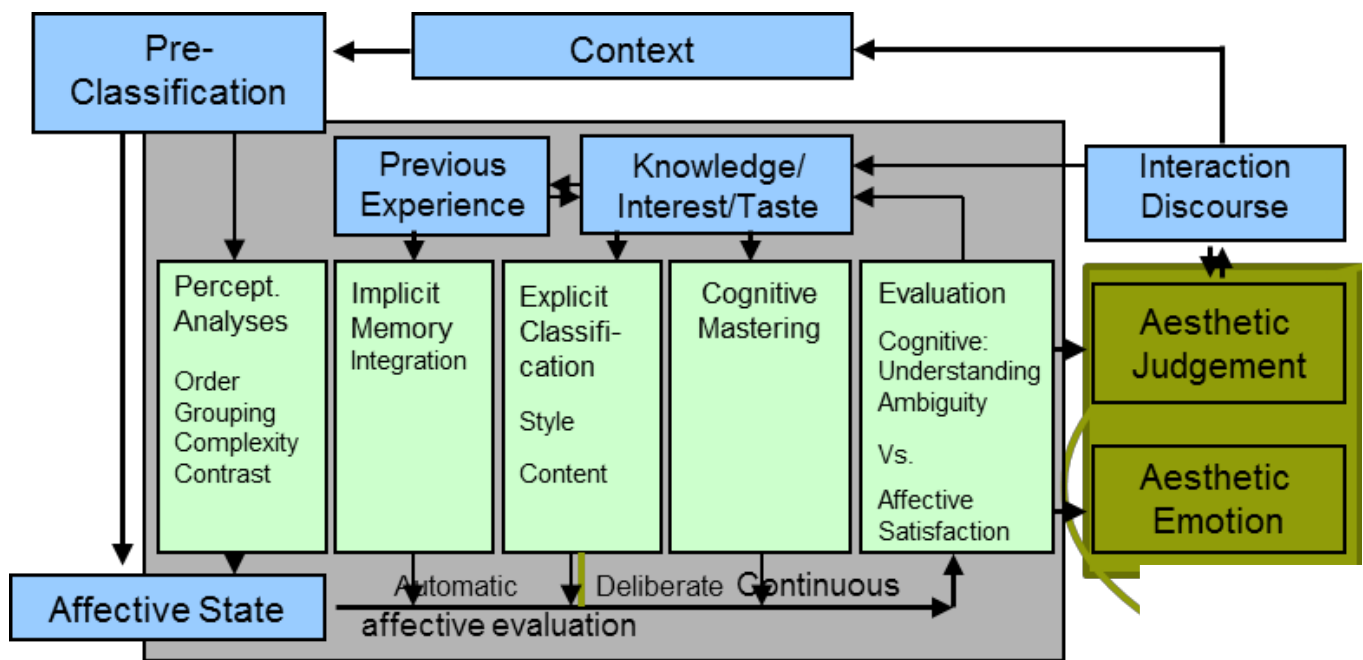
- arbitraryess (Beliebigkeit) → the next researcher can state the next ten healing factors and if we cannot ground them in a model, we can continue with this forever and go in circles...

Particularly for our active factor of AESTHETICS, cognitive science has only a receptive model of aesthetic experiencing (Leder et al., 2004),

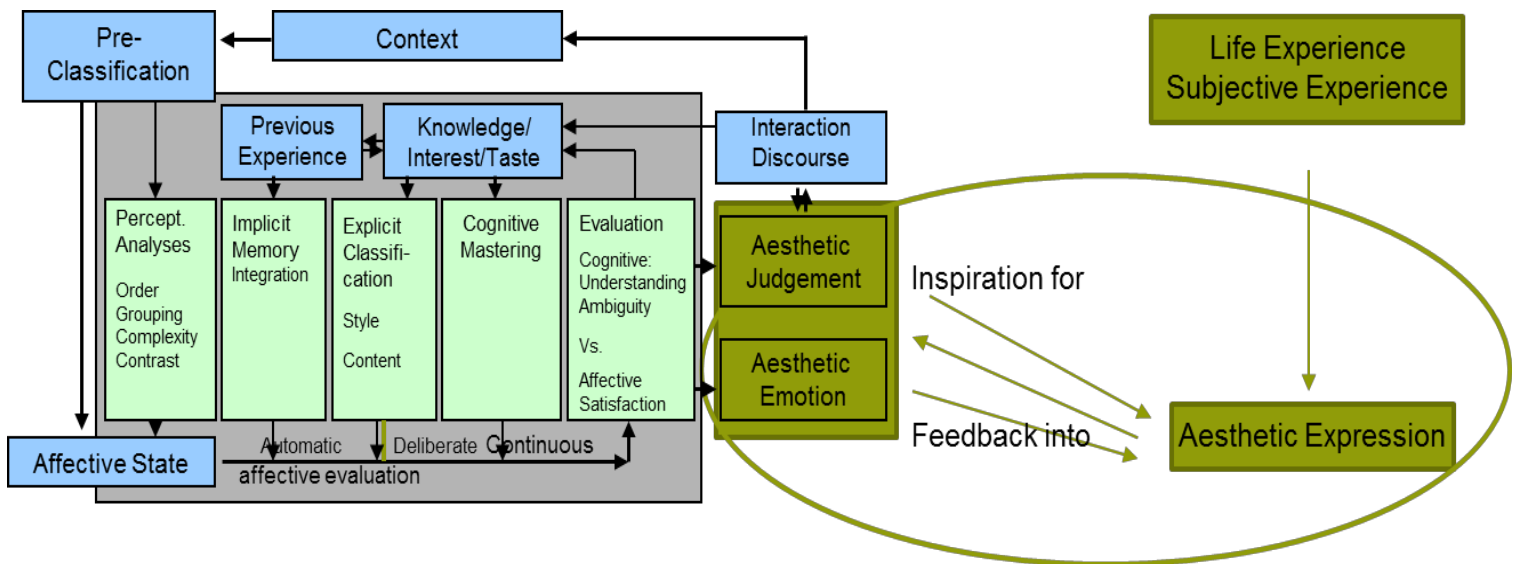
→ We miss a theory model for art-making

→ Suggestions for models to employ? What is our best model?

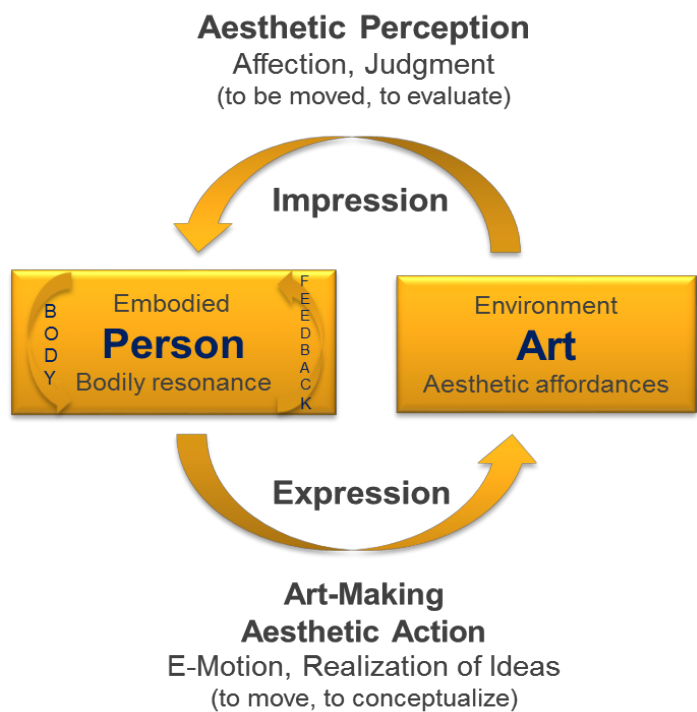
Model of Aesthetic Perception (Leder et al, 2004)



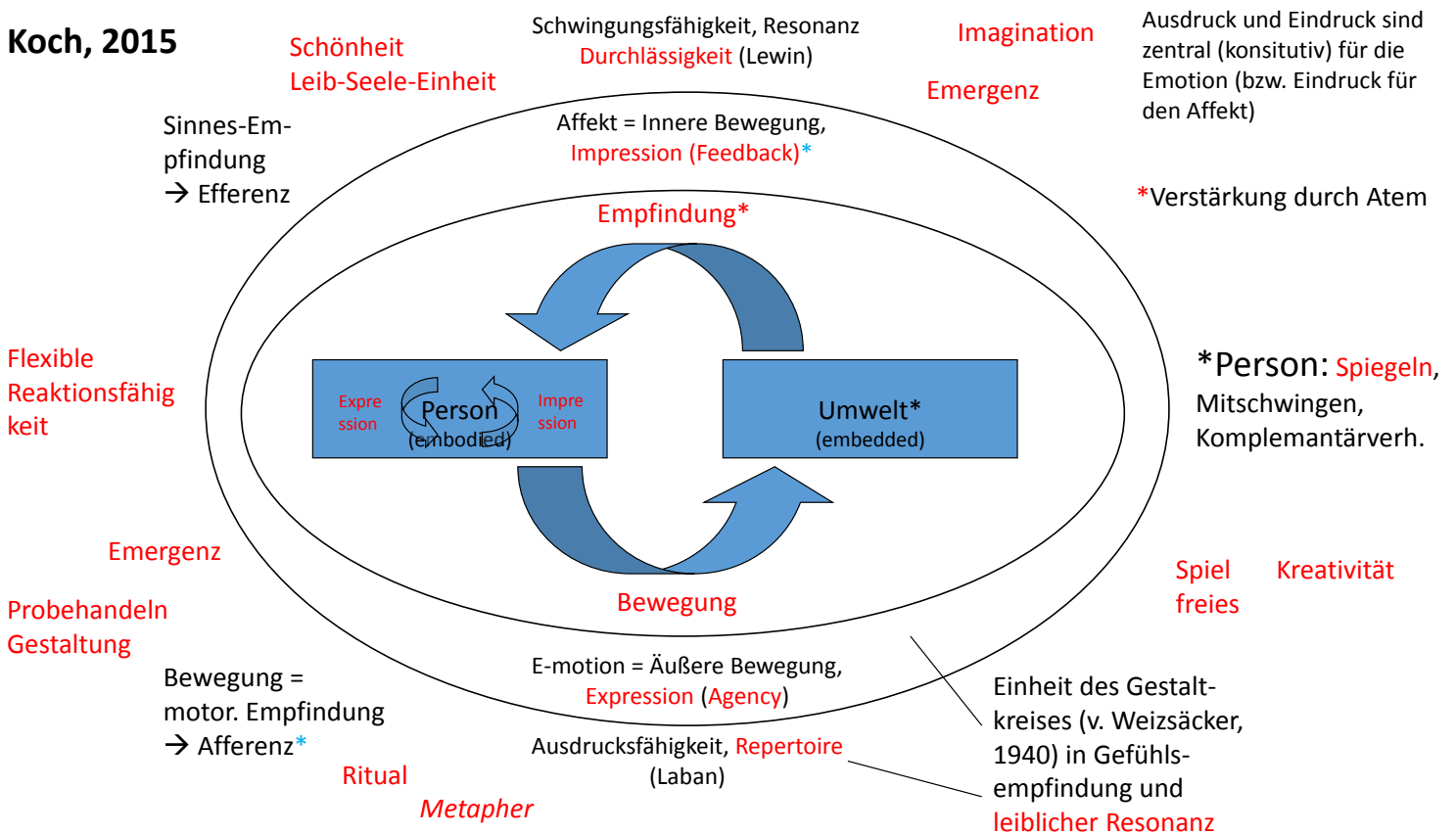
Necessary Extension to include „Art-Making“ (Koch, 2015)



General Model of Aesthetic Expression and Perception: Cycle of sensing and moving (Koch & Fuchs, 2015)



Koch, 2015



Fazit

- There are specific and unspecific active factors of arts therapies (see Koch & Eberhard-Kächele, 2014, for DMT).
- Active factors are arbitrary „beliebig“, and go toward „whateverism“, if not imbedded into a theory model (with according constraints).
- Arts therapies are missing a theory model for all working factors, but particularly for the aesthetic factor of healing (beauty).
- Suggestion: Extension of Leder Model (2004) and of model of Embodied Affectivity (Fuchs & Koch, 2014) can be fruitful approaches.
- More suggestions?

Thank you for your
attention!

Prof. Dr. Sabine C. Koch

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sabine.koch@alanus.edu